

# WHOLE GRAINS



# Benefit to Whole Grains

## WHOLE GRAINS

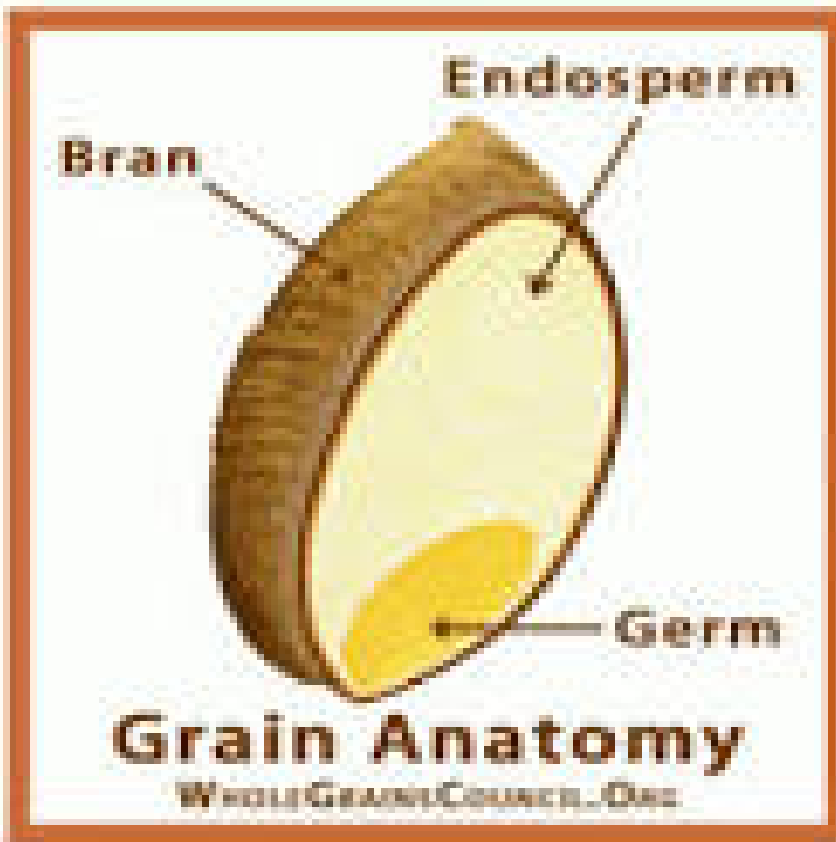
1. **High concentration of B Vitamins & Minerals**
2. **Numerous Phytonutrients and Antioxidants which are protective against diseases such as Cardiovascular Disease & Type II Diabetes.**
3. **Whole grains are rich in soluble fiber which can help lower LDL "BAD" cholesterol**
4. **Whole grains may improve insulin metabolism**
5. **Fiber, which is found in whole grains, is beneficial for a healthy GI tract.**
6. **Whole grains have been found to be beneficial with weight control.**
7. **Whole grains may help with blood sugar control**

## REFINED GRAINS

1. **Loss of vitamins & minerals and phytochemicals (disease fighting compounds)**
2. **Loss of protein**
3. **Loss of dietary fiber**



# Whole Grains



## Bran Layers:

- Most of the fiber
- B vitamins
- Protein
- Iron and other minerals
- Missing from white flour

## Germ:

- Rich in Vitamin E
- Greatest share of B Vitamins
- Fiber
- Iron and other minerals
- Phytochemicals
- Missing from white flour

## Endosperm:

- Protein
- Starch
- Iron
- A few B vitamins
- A little fiber
- Used solely in white flour

## Common Grains Divided into 2 Categories

### Whole Grains

- ❖ Whole Wheat flour
- ❖ Barley
- ❖ Cracked Wheat
- ❖ Bulgur
- ❖ Oats
- ❖ Corn (Whole Cornmeal)
- ❖ Brown & Wild Rice
- ❖ Popcorn
- ❖ Buckwheat
- ❖ Rye

### Refined Grains

- ❖ White flour
- ❖ Degermed Cornmeal
- ❖ White Bread
- ❖ White Rice
- ❖ White pasta
  - ❖ Pasta is made with durum, a high protein variety of wheat

## WHOLE GRAINS



Words indicating a whole grain  
is present

- Spelt
- Emmer
- Farro
- Einkorn
- Kamut
- Cracked Wheat
- Wheatberries

## WHOLE GRAINS (cont'd)



Words indicating a whole grain is present

- Amaranth
- Quinoa
- Millet
- Sorghum
- Triticale
- Teff

## Identifying Whole Grain Foods

- Review the front of package & look for the words:  
“100% Whole Grain”

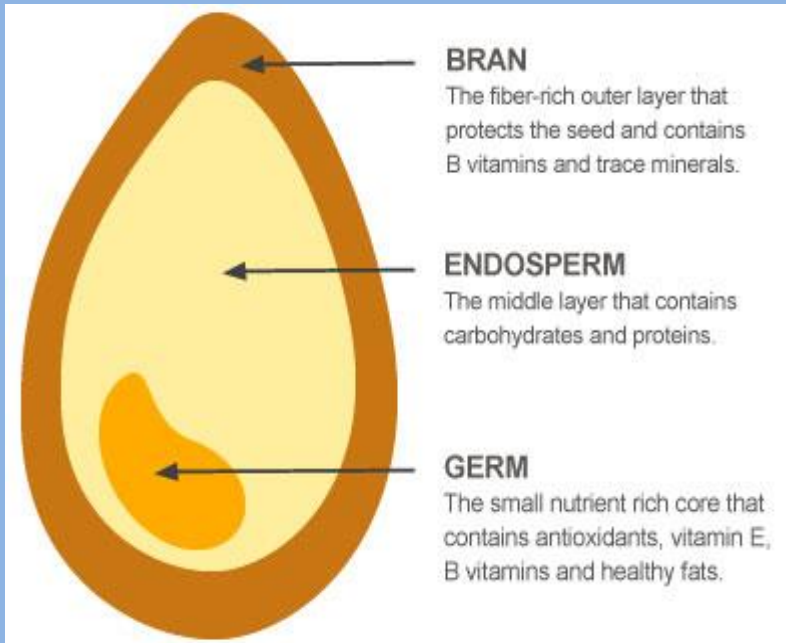


- Check the ingredient list and look for the terms:  
Whole or Whole Grain & the name of the grain  
Example: Whole Grain Wheat



- Check the fiber content on the food label: Whole grain foods typically have 2 – 4 grams of fiber per serving.

## Whole Grains





## Whole Grains on the Food Label

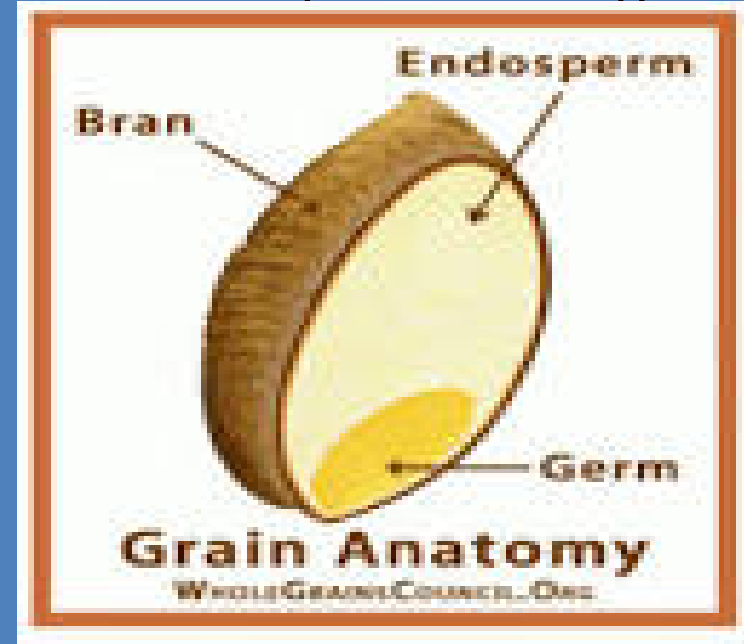
### Words on the Ingredient List:

- Whole grain (name of grain)
- Whole Wheat
- Whole (name of grain)
- Stoneground whole (name of grain)
- Brown Rice

\*Source Whole Grains Council Website

### What They Mean:

Contains all parts of the grain!



## Whole Grains on the Food Label

### Words on the Ingredient List

- Wheat Flour
- Durum Wheat
- Organic Flour
- Multigrain (may describe several whole grains or several refined grains, or a mix of both)



### What They Mean

Maybe—These words are accurate descriptions of the package contents, but because some parts of the grain may be missing, you are likely missing the benefits of whole grains



\*Source Whole Grains Council Website

## Whole Grains & The Food Label

Look for the Term Whole Grain on the label



## Whole Grain Stamp



- Makes finding whole grain foods easier.
- Can be found anywhere on the food package: Front, back, side
- Found on a variety of grain-based foods
- Found on foods which provide at least  $\frac{1}{2}$  serving of whole grains

## Whole Grain Symbols



### Grams of Whole Grains

- Good Source of Whole Grain  
(>8 to 15 grams)
- Excellent Source of Whole Grain  
(> 16 grams)
- Excellent Source of Whole Grain  
100% Whole Grain

## Whole Grain Stamp



- Go to:

[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

- Information on whole grains
- Health benefits of whole grains
- Recipes & much more!

## Every Bit helps

### Try some of these ideas to increase whole grains:

- Experiment and buy different types of whole-grain breads, buns and cereals
- Try whole grain pastas. Not what you are used to eating  
(May mix  $\frac{1}{2}$  whole grain and  $\frac{1}{2}$  white pasta)
- Have 3 cups of popped popcorn or a few whole wheat crackers for a snack
- Serve bulgur instead of potatoes one night a month
- Replace  $\frac{1}{4}$  to  $\frac{1}{2}$  of the all purpose flour in your recipe with whole wheat flour
- Make pizza with a whole wheat pita as the crust
- Try steel cut oats or oatmeal for breakfast



## Recommended Servings of Whole Grains

- Adults are to consume one-half of their grains as whole grain foods.
- For most people this would be 3 -4 servings of whole grains per day.



### Grain Servings:

-1 Slice bread



-½ Bun or English Muffin

-½ Cup Hot Cereal such as Oatmeal

-½ Cup Rice



-3 Cups Popcorn

-1 oz. Ready to eat cereal



## Whole Grains and Eating Out ...Just Ask...

May I have brown rice with my meal instead of white rice?

A bowl of oatmeal with whole wheat toast, please.

Ham and cheese on whole grain bread/bun.



I would like bulgur pilaf.

One whole grain bagel to go.



Whole grain pasta with my pasta sauce and salad.

## Whole Grains and Restaurants

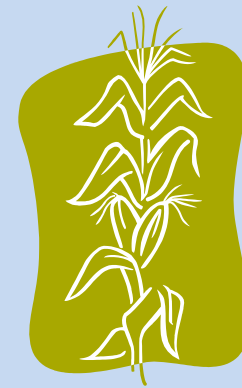
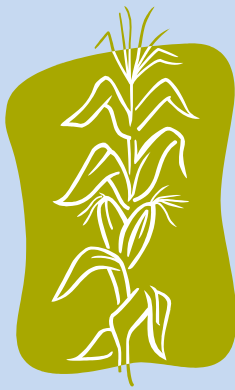
### RESTAURANTS

The Whole Grains Council maintains a list of major restaurants offering whole grain options.



Check the list at [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

## MAKE Whole Grains a Part of Your Day





## WHOLE Grain Recipes



- Whole grain pita pizza
- Irish oatmeal with apples
  - Quinoa corn salad
- Bulgur and black bean salad
- Mushroom and brown rice pilaf
- Shrimp pasta and primavera
  - Spinach pasta salad

[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

Revised 10/2017